

# DINNERLY



## Low-Cal Mexican Chicken Soup with Beans and Zucchini



25 minutes



2 Servings

Low in calories but big on flavour, this one-pot soup has chicken, beans and the perfect amount of our Mexican spice blend to create a warming bowl of goodness.

## WHAT WE SEND

- 1 zucchini
- free-range chicken thigh fillets
- 400g five mixed beans
- 5g Mexican spice blend <sup>17</sup>
- 2 chicken-style stock cubes
- 400g diced tomatoes

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 180ml (¾ cup) boiling water
- 2 tbs olive oil
- 2 tbs tomato paste
- 1 tsp sugar

## TOOLS

- medium saucepan

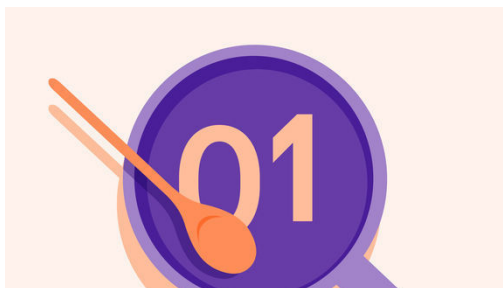
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

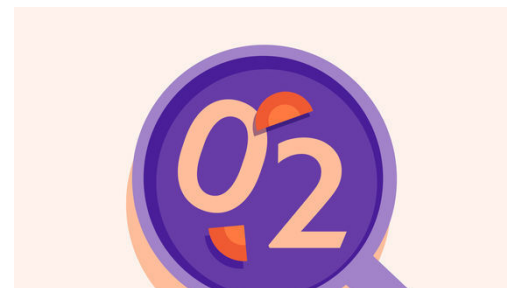
## NUTRITION PER SERVING

Energy 575kcal, Fat 28.8g, Carbs 34.0g, Proteins 40.0g



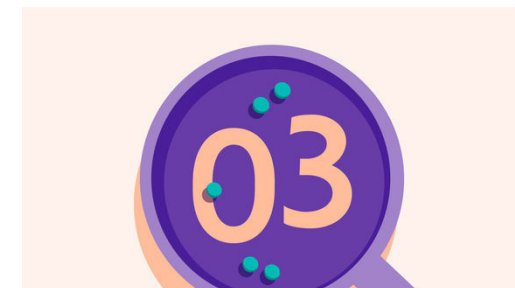
### 1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Halve the **zucchini** lengthwise and cut into 2-3cm chunks. Cut the **chicken** into 2-3cm chunks. Drain and rinse the **beans**.



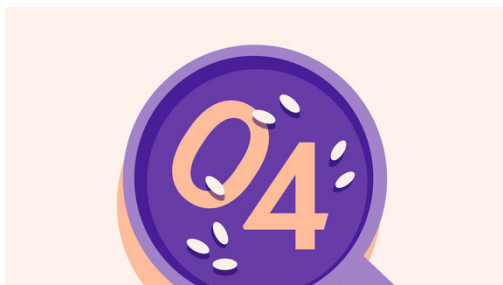
### 2. Marinate chicken

Put the **chicken** and **2 tsp Mexican spice blend** (see Make it yours) in a bowl, then season with **salt and pepper** and toss to coat. Crumble **1 stock cube\*** into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve.



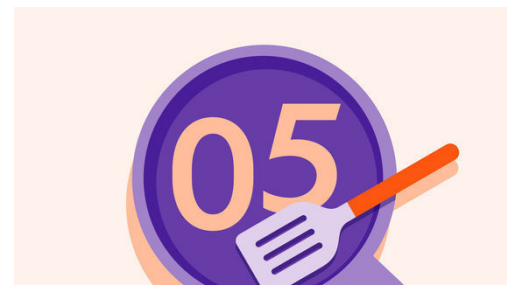
### 3. Brown chicken

Heat **2 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **chicken**, stirring, for 3-4 mins until browned. Add the **garlic** and **zucchini** and cook, stirring, for a further 1-2 mins until fragrant.



### 4. Cook soup

Add the **tomatoes**, **stock**, **beans**, **2 tbs tomato paste** and **1 tsp sugar** and stir to combine. Bring to the boil, then reduce the heat to medium and cook for 10 mins or until the chicken is cooked through and the soup is slightly thickened. Taste, then season with **salt and pepper**.



### 5. Serve up

Divide the **Mexican chicken soup** among bowls and enjoy!



### 6. Make it yours

Our Mexican spice blend has a mild chilli kick, so reduce the amount if you want to avoid the heat.